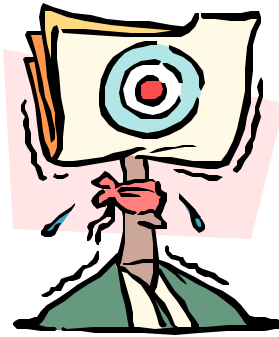


Active for Life



“Stress Management Tips”
with
Daniel Herzberg

- Learn helpful tips on how to minimize every day stressors!

When: Thurs 3 March
Where: Auditorium
Time: 12-12:30 pm

PILATES



When: Thurs 3 March
Where: Auditorium
Time: 12:30-1pm

***NOTE:** Bring a Mat or Towel and Comfortable Clothing